



Positive Data Log

A positive data log can help you to rebalance your thinking. Write down all the things that are positive in your life at the moment. When you are thinking negatively or unhelpfully, it can be helpful to read through your positive data log to help to balance your thoughts.

| Date | Positive Data |
|----------------------|---|
| 10 th May | <i>I spoke with my brother on the phone today. I ate a healthy salad for lunch.</i> |
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Lived Experience Telephone Support Service

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Webchat: letss.org.au